



Barbara Bolotte's Protein Blueberry Muffins

Ingredients

1 1/2 cups flour
1/4 cup Stevia
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp cinnamon
2 egg whites
3 bananas (ripe and mashed)
1/2 cup fresh blueberries
1/3 cup almond milk
1 cup applesauce (sugar free)
4 tbsp Vanilla Caramel **Whey-HD** protein powder
1 cup walnuts (chopped)

Directions

1. In large bowl, mix together flour, Stevia, baking soda, baking powder, salt, cinnamon, and protein powder.
2. In another bowl, mix together applesauce, egg whites, almond milk, and banana.
3. Slowly add dry ingredients to the egg white mixture. Once all ingredients are incorporated, fold in the blueberries and walnuts.
4. Drop generous tablespoons of mixture onto a nonstick muffin tin.
5. Bake at 350 degrees for 20-25 minutes.

Nutrition Facts

Serving Size 1 muffin
Recipe yields 10
Calories: 206
Total Fat: 9 g
Total Carbs: 25 g
Protein: 9 g

